

December 2015

DSDHH Newsletter



20th Year

Robert G Sanderson Community Center
of the Deaf and Hard of Hearing
5709 South 1500 West Taylorsville, UT 84123-5217

This information, presentation, class or other activity is provided at the Sanderson Community Center for interested individuals. The Sanderson Community Center staff encourages participants and individuals to consider all options and experiences and does not endorse nor recommend this specific information, presentation, activity or any individual class, product or service.

Hearing Aids on a Limited Income
By Chelle Wyatt

Hearing aids are expensive and we often see people at the center who need them but can't afford them. The average cost for a pair of hearing aids is \$4,000 but quotes from area audiologists can be as high as \$6,000. Most insurance companies don't cover hearing aids making them harder to obtain and for those living on a limited income, it becomes impossible.

DSDHH provides funding information on request for those looking for a way to get help with hearing aids. There are several financial aid options for children who need hearing aids. Some of those applications can be filled out online only and some are open for a limited time during the year so be sure to check dates. There are more resources open to all ages which include low interest loans, information on state vocational rehabilitation, the Utah independent living centers, the Starkey Hearing Now foundation and more. If you'd like to have a funding packet, contact your DSDHH office and we will send one to you.

The President's Council of Advisers on Science and Technology issued a report at the end of October of this year concerning the amount of people who can't afford current hearing aid prices. Some of their recommendations are to make over the counter hearing aids available without the current requirement for credentialed dispenser. They also suggested the FDA lift their suggestion that personal amplifiers be advertised for non-hearing impaired individuals. It's hoped with these suggestions that hearing aid prices go down and innovative developments will challenge the current market.

There are a few companies already selling cheaper hearing aids and three of these companies are; Audicus, Embrace Hearing and HI Health Innovations (who doesn't have offices in Utah unfortunately). These companies offer hearing aids starting at \$449 up to \$989 per hearing aid. They have people send their audiograms in, choose a hearing aid, program it and ship it out. Adjustments may mean shipping the hearing aids to the company and having them shipped back. Not all are a custom fit which may not work for a more severe hearing loss in which case an audiologist or hearing instrument specialist may recommended.

Sound World Solutions offers the same services as above but include a smart phone option. Through the phone app, a person can take a hearing test through the hearing aids themselves which will set up the program. It also offers a variety of adjustments through the phone app.

Another alternative is CostCo hearing aids which gives the people the option to walk in for adjustments. Their signature hearing aids start at \$1,800 for the pair or they sell other brands ranging from \$499 to \$1,500 per hearing aid. They sell name brands and offer a custom fit.

Anyone can start a savings account in preparation for the next pair of hearing aids. If a pair of hearing aids cost \$5,000 and generally last about 5 years, the cost breaks down to \$2.74 a day. That comes out to \$82 a month which doesn't sound quite as bad \$5,000 all at once.

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The Hearing Loss Association of America Salt Lake City chapter is having their annual potluck Christmas social on December 12, 2015 at 6:30 with a white elephant gift exchange.

For more information on where and what to bring, please email hearinglossutah@gmail.com.

The HLAA-SLC chapter book club will be taking December off and resume again in January with

The Giver by Lois Lowry. Anyone is welcome to join our book discussions and attendees take turns picking out the next book. The book club meets every other month on the third Saturday (January, March, May, etc) in the morning. (Times will be confirmed soon.) The book club meetings are accommodated with CART and the hearing loop. You can email the above address for more information on that too.

Add some “TWANG” to your holiday season

By Jenefer Reudter



December brings in the colder months and brings lots of memories for me growing up. I remember the excitement I had to see what the holidays would bring. I remember the traditions my family kept and the traditions that I am now keeping with my own family. One of my fondest memories of the holiday season is the FOOD! Many recipes have been passed down from generation to generation and I have learned how to make some treasured recipes from my ancestors. Every year my family would make a specific recipe for a hot spiced drink that would last us through the cold winter months. I wanted to share a family recipe with you to enjoy through the holidays. You can make the drink we call “TWANG” by following the recipe below. Simply add a few spoonful’s of the drink mixture to a mug of hot water and enjoy. My family typically makes a large batch of this by purchasing the Tang and Lemonade from Costco or Sam’s Club and makes the recipe large enough to store through the colder months. I drink this almost daily through the cold months to help avoid getting a sore throat or a cold. Enjoy!

TWANG

1 cup Tang drink mix

1 cup Lemonade drink mix

1 cup sugar

1 tsp. cinnamon

½ tsp. cloves

Sprinkle of salt

Annual Children's Holiday Party

Hosted by the Hind Family



Games, Food, and Santa!!

**Saturday
December 5, 2015
11am—12:30pm**

RSVP online by December 2nd
deafservices.utah.gov/registration

Sanderson Community Center of the Deaf and Hard of Hearing

5709 South 1500 West
Taylorsville, UT 84123



This event is designed to promote skill development and/or independence in accordance with the mission of DSDHH.
It will be presented in ASL. Please inform us of ADA accommodation requests at time of registration.

Sanderson Community Center for the Deaf and Hard of Hearing Program - Senior Citizens Social Trip

Dickens' Festival!



Date: Friday, December 11, 2015

Time: 10:00 am to 3:00pm (leave the Sanderson Center at 9:30 am)

Location: South Towne Expo Center, 9575 South State Street, Sandy

Costs: \$6.00 for seniors age 55+ (pay at the door).

Lunch: You can buy food at the festival (bring money).

The Dickens' Festival will be made to look like Old 19th Century London during Christmastime. Step back in time and experience how the holidays were celebrated in years past!

Many holiday decorations; crafts; food; shopping; entertainment and more!!

For more information click on www.dickenschristmasfestival.com

**PLEASE RSVP by 12/8 if you need a ride:
deafservices.utah.gov/seniors/dickensfestival**

For more information, contact Joene Nicolaisen: jfnicolaisen@utah.gov or 801-657-5218 VP



Circle of Friends is a recreational and social program developed for adults with multiple disabilities and some degree of hearing loss. The event is designed to promote skill development and/or independence in accordance with the mission of DSDHH.

Eat, Drink, Be Merry!

Circle of Friends

Holiday Party

Saturday

December 19, 2015

11am – 3pm

**Bring a wrapped gift worth about 5 dollars
and
potluck**

Sanderson Community Center
of the Deaf & Hard of Hearing
5709 S. 1500 W., Taylorsville

Deadline to sign up:

December 15, 2015

Contact Rosa Maria:

(VP) 801-590-4888 rosavball@gmail.com



This event will be presented in ASL.

Please inform us of ADA accommodation requests at time of registration.





Employment Enjoyment



How to Do Great at a New Job

- Be Willing to Work and be a Team Player.
 - This may mean doing boring work but it's important.
- Find Out What Your Boss Expects Then Go Above Expectations.
 - Develop a good rapport with him-
 - Approach boss with a problem and complaint ONLY if you have already tried solving it yourself first and didn't succeed. This shows self-sufficiency/independent thinking.
- Help Others Even if it's Not Your Responsibility.
 - If you're asked a question and you don't know the answer, find the answer!
 - Don't refer requests to another co-worker since it's not your responsibility.
- Work Performance
 - Be motivated and dedicated to getting the job done.
 - Do your best work.
 - Show up on time and be reliable.

Show Passion for the Job.

- Can understand other people and their feelings/opinions
 - Shows working well with teams
-
- Follow Work Culture
 - Ask for Feedback!

Need help finding a job?

Having problems at your job and need advice?

Contact me and I can help.

Contact Information:

PAMELA MOWER

Statewide Employment Specialist

Email- pmower@utah.gov

VP- 801-657-5223

SCHEDULE

Tuesdays: Ogden VR office

Other days at either :

Sanderson Center office in Taylorsville

Or Lehi DWS office

Do you want to learn

Division of Services to the Deaf
and Hard of Hearing
Sanderson Community Center
5709 South 1500 West
Taylorsville, UT 84123



American Sign Language?

ASL I

The course covers basic vocabulary at a fairly slow pace and is required the purchase of a \$20 book: "*Signing How to Speak with Your Hands*" by Elaine Costello. The book can be found at the UAD bookstore or on Amazon.com.

ASL II

The course demonstrates basic ASL grammatical rules (facial expressions, body language, body shifting, listing, different categories of classifiers, and gesturing).

ASL for Children — Age range: 6-11

The course covers basic vocabulary and different topic categories (animals, colors, food, etc). The children will learn through games, role playing, and videos.

January 12 — April 7

(30 students)
6:30pm—8pm
Tuesdays or Thursdays

January 12 — April 7

(22 students)
6:30pm—8pm
Tuesdays or Thursdays

January 12—April 7

(15 students)
6:30pm—8pm
Tuesdays or Thursdays

Limited number of seats — please register by January 8, 2016

Contact Patricia Lowry at plowry@utah.gov



ASL Social Time

Fall Dates:

Wednesdays
6:30pm - 8pm

November 18th
25th

December 9th
16th

Location:

Sanderson Community Center
5709 South 1500 West
Taylorsville

This is open to anyone who wishes to practice American Sign Language, learn more about Deaf Culture and how to converse using ASL in everyday conversations, games, & ABC stories.

**For more information, please contact
Patricia Lowry at plowry@utah.gov**



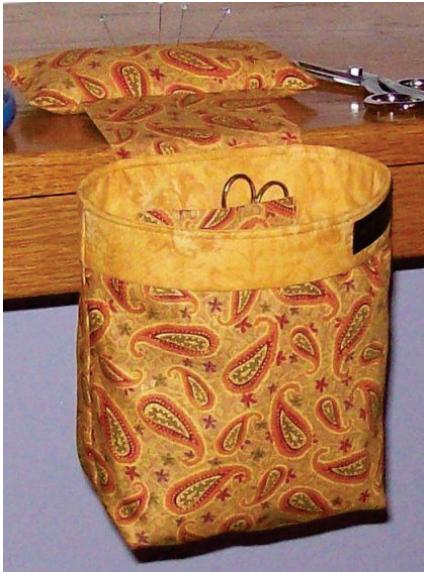
Division of Services to the Deaf and Hard of Hearing
Sanderson Community Center
5709 South 1500 West
Taylorsville, UT 84123

Sewing Potpourri

Saturday,
January 9, 2016
9am – 4pm

Sanderson Community Center
5709 South 1500 West
Taylorsville

Weighted Pin Cushion with Bag



So EASY to MAKE! You will want to make 2! – one next to your sewing machine and other is on your favorite chair arm rest.

Bring your sewing machine and supplies. If you need borrow a sewing machine, please request at time of your registration. First come, First Served.

U*F*O

Un-Finished-Object – Bring any quilt or projects that are not completely finished. There will be a teacher available to help you finish.

Please register online! Go to <http://deafservices.utah.gov/registration> We will let you know what supplies to bring.

This class is taught in ASL. Need any ADA accommodations, please request when you register.

Learn Sign Language and Build Your Brain Power



People who are Hard of Hearing & Late Deafened and their Families, Co-Workers, Friends, and People who are losing their hearing

Beginning CASE [Conceptually Accurate Signed English]

Tuesday January 12 to March 1, 2016

Free class

from 6 pm-8 pm

Slow paced

New way to communicate

In **Beginning CASE**, you will learn how to sign basic ASL alphabets, numbers, and basic everyday 1,000 conversation words. Games and homework will be included.

**Where: Sanderson Community Center
5709 South 1500 West, Taylorsville**



Registration is required! Go to our website <http://deafservices.utah.gov/registration>

1,000 Signs of Life book is required for the first day of class. You can purchase the book from the teacher.

Class will be taught in spoken English and basic CASE/ASL. If ADA accommodations are needed, please let us know when you register.

Learn Sign Language and Build Your Brain Power



People who are Hard of Hearing & Late Deafened and their Families, Co-Workers, Friends, and People who are losing their hearing

Advanced CASE [Conceptually Accurate Signed English]

Tuesday January 12 to March 15, 2016

[10-week class]

Free class

Slow paced

from 6 pm-8 pm

New way to communicate

* * Pre-requisite: One full year of Beginning CASE * *

In **Advanced CASE**, you will learn how to use the signs from Beginning CASE into conversational words and sentences. Games and homework will be included.

**Where: Sanderson Community Center
5709 South 1500 West, Taylorsville**



Registration is required! Go to our website <http://deafservices.utah.gov/registration>

Class will be taught in spoken English and basic CASE/ASL. If ADA accommodations are needed, please let us know when you register.



Speech Reading

Learn:

- Non-verbal communication
- Awareness of speech clues
- Understand phonetics 7 homophones
- Speech Development
- Non-verbal drills

Free class!

Join us once a week for a class on beginning speech reading. This is the second half of the class but feel free to join us even if it's your first time.

When? Classes will held on Thursday, Jan 7 through March 3, 2016
6 – 7:30 pm.

Where? Sanderson Center for the Deaf and Hard of Hearing
5709 South 1500 West in Taylorsville.

Class is taught by Chelle George-Wyatt

Registration is required! Register online
<http://deafservices.utah.gov/registration>



Class will be taught in spoken English. If any ADA accommodations are needed, please let your instructor know when you register.

Schedule of events

ASL Classes are starting back up in January!

St. George: Starts January 19, 2016.

Cedar City: Starts January 12, 2016.

Hilldale: Starts January 8, 2016.

To RSVP for any of these locations or for more information, please email tharding@utah.gov or call 435-652-2453 V.

Dec. 3: Hearing for the Holidays. See attached flyer

Dec. 5: Senior Citizen Christmas party. See attached flyer

Dec. 11: Movie Day! See attached flyer for info.

Dec. 17: Habitat for Humanity service project. See attached flyer for info.

Dec. 19: ASL Craft social. See attached flyer for details.

Our office will be **OPEN** on Christmas Eve and New Year's Eve, but our office will be **CLOSED** on Christmas Day (Dec.25)

Visit our Facebook page for more info!

"Southern Utah Deaf and Hard of Hearing Program"



DECEMBER



"OUR MISSION IS TO ENHANCE THE QUALITY OF LIFE FOR PEOPLE WHO ARE DEAF OR HARD OF HEARING BY PROVIDING EDUCATION, ADVOCACY, AND ACCESSIBLE SUPPORT SERVICES"

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1	2	3 Hearing for the Holidays	4	5 Senior Christmas Party
6	7	8	9 No Senior Game Day	10	11 Movie Day!	12
13	14	15	16	17 Habitat for Humanity	18	19 ASL Craft Social
20	21	22	23	24 Christmas Eve	25 OFFICE CLOSED Christmas	26
27	28	29	30	31 New Year's Eve		

Southern Utah Deaf and Hard of Hearing Programs

1067 E. Tabernacle, Suite 10 St. George UT 84770

(435) 652-2453 voice

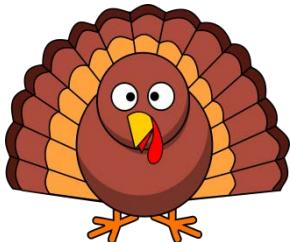
(435) 216-9305 VP

SUDHHP@utah.gov

For more info. on state services : www.deafservices.utah.gov



HEARING FOR THE HOLIDAYS



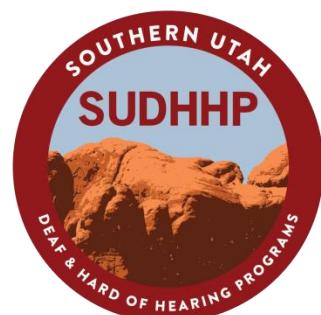
- Audiologist will be here to answer any questions. No sales will be involved at this event.
- Free hearing screening
- Hard of Hearing equipment will be available to check out for the holidays.

When: December 3rd, 2015

Time: 3:00-5:00 PM

Where: Southern Utah Deaf and Hard of Hearing Center
1067 E. Tabernacle Suite 10

Refreshments will be served.



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If ADA accommodations are needed please call 435-652-2453

SUDHHP Senior Citizen Christmas Party



Bonnie and Steven Christensen, Sharon Kay Olson, and Dayna Powell will be hosting the Senior Citizen Christmas party! There will be games to play and food to eat.

When: December 5, 2015

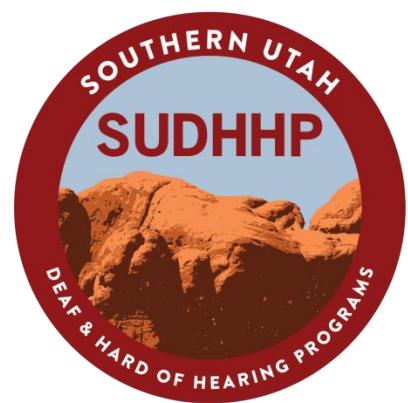
Time: 11:30 AM-3:30 PM

Where: 28C Quail Creek Dr. Hurricane, UT (Clubhouse in Bonnie and Steven's home area)

What is provided: Meats and prizes

What to bring: Bring some kind of potluck to share with everyone. Also, there will be a gift exchange so bring a gift that is at least \$10. No used items please.

RSVP or any questions: 435-767-0130



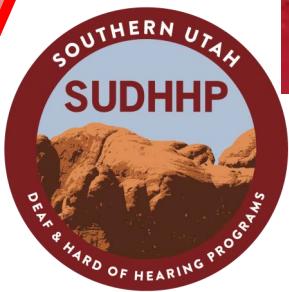
ASL CRAFT SOCIAL

Date: 12/19/2015

Time: 10:00 - 12:00

Build your own ginger house!

Bonnie Christensen will guide you how to build one. Great for families with kids to come and to have fun! Parent is required to stay and help their children.



Southern Utah Deaf & Hard of Hearing Program

1067 East Tabernacle #10
St. George Utah 84770
435-216-9305 vp

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Cedar City ASL CLASSES

Come and enjoy more fun and variety courses, thanks to a brand new 10 week curriculum. All classes will be taught by *Larry Laskowski* or *Dana DeGroff*!

**FREE!! FREE!!
FREE!! FREE!!**

- .Intro to ASL**
- .Beginning ASL**
- .Advanced ASL**

Starting January 12 through April 14, 2016

Location

303 North 100 East Cedar City Utah
(Cedar City Library)

Tuesday's Schedule:

Intro ASL 5:30-7:00pm
Advanced ASL 7:15-8:45pm

Thursday's Schedule:

Beginning ASL 5:30-7:00pm

Intro to ASL— First class— Units 1-3 taught
Beginning ASL—Second class—Units 4-8 taught
Advanced class—Forth class—units 13-16 taught

Please note that we must have a minimum of 5 students for each class.

*10 weeks plus one week off for Spring Break.

To Sign Up:

435-652-2453 or email tharding@utah.gov

Reasonable accommodations for persons with disabilities will be made to ensure access to academic programs, services, and employment in accordance with Section 504 of the Rehabilitation Act of 1973 and the ADA Amendments Act of 2008 (ADAAA) standards



FREE ASL CLASSES

Come and enjoy the fun and variety! We use a 10 week curriculum, based on proven principles presented by experienced teachers! Plan to come every week for best learning results.



FREE!!

- .Intro to ASL**
- .Beginning ASL**
- .Advanced ASL**

Tuesday's Schedule:

- **Beginning ASL** -5:30-7:00pm
taught by Malena Bonny
- **Intro to ASL** 5:30-7:00pm
taught by Diane Acosta

Wednesday's Schedule:

- **Advanced ASL** 5:30-7:00pm
taught by Malena Bonny

Intro to ASL— First class— Units 1-3 taught
Beginning AS L—Second class—Units 4-8 taught
Advanced class—Forth class—units 13-16 taught

Location: 1067 E Tabernacle #10 St. George Utah

Please note that we must have a minimum of 5 students for each class.

10 weeks of classes plus one week off for Spring Break.

To Sign Up

435-652-2453 or tharding@utah.gov

Reasonable accommodations for persons with disabilities will be made to ensure access to academic programs, services, and employment in accordance with Section 504 of the Rehabilitation Act of 1973 and the ADA Amendments Act of 2008 (ADAAA) standards



Hildale ASL CLASS

INTRODUCTION TO ASL

**FREE!! FREE!!
FREE!! FREE!!**

Starting January 8th, 2016

Location

250 E Newel Ave. Rm 102 Hildale UT
(Phelps Elementary School)

Classes will be held every Thursdays with one Thursday off per month. No class held Jan 28, Feb 18, or March 10.

3:30–5:00 PM

PLEASE RSVP!

To Sign Up:

Call 435-652-2453 or email tharding@utah.gov

Class taught by Tiffany Harding